

Food for Basketball Performance

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NUTRITION GOALS

- ▶ Nutrition for:
 - ▶ Fitness
 - ▶ Strength, speed, power, agility, endurance
 - ▶ Growth
 - ▶ Health
 - ▶ Immune system
 - ▶ Mental health
 - ▶ Performance
 - ▶ Fuel to train and play
 - ▶ Recovery
 - ▶ *Shooting accuracy*

TODAY



Fuel and energy levels



Recovery nutrition



Hydration



What do NBL players do?

ENERGY LEVELS

- ▶ Timing of meals
- ▶ Snacks vs. proper meals
 - ▶ Busy lifestyles
- ▶ Inadequate:
 - ▶ carbohydrate
 - ▶ protein
 - ▶ fluid
- ▶ Vitamin or mineral deficiencies
 - ▶ eg. Iron



Energy Levels

▶ QUESTION:

What is the one thing about nutrition that you wish you knew when you were 17, and might have done differently?

KYLE ADNAM
South East Melbourne Phoenix

'Understanding the quality of food and quite simply the difference in energy levels. I had days where I felt energetic and others I felt less, and I thought that was purely because I may have been tired.

With a pretty simple shift in food quality and nutrition, the general fatigue was minimised and I felt more energetic.

I wish I had been doing it since I was a kid'.

CARBOHYDRATES

- ▶ Carbohydrate is preferentially used by brain and muscle for fuel
- ▶ *Adequate carbohydrate intake:*
 - ▶ *maintain blood glucose levels*
 - ▶ *increase glycogen storage*



FOOD FOR ENERGY

A top-down view of a white ceramic bowl filled with almonds, resting on a dark grey wooden surface. The bowl is centered in the upper half of the frame. The background is a dark grey wood grain, and the right side of the image features a green geometric overlay.

▶ Cereals/grains

- ▶ Oats (porridge, natural muesli), sweet potato, barley, quinoa, wholegrains, pasta, Basmati rice

▶ Breads

- ▶ Wholegrain, soy/linseed, dark rye, sourdough, wraps, fruit bread

▶ Dairy

- ▶ Greek yoghurt, milk and smoothies

▶ Fruit

▶ Legumes

- ▶ Chickpeas, black beans, kidney beans, baked beans

OPTIMAL ENERGY LEVELS

Essential to eat
regularly!

Carbohydrate

- Timing
- Absorption

Protein

- Recovery
 - Indirect impact on energy
- Satiety

FOODS FOR GROWTH AND STRENGTH

- ▶ Meat, chicken, fish
- ▶ Eggs
- ▶ Milk, yoghurt, cheese
- ▶ Baked beans, legumes
- ▶ Tofu and soy products
 - ▶ *Almond, rice, coconut and oat milks contain no protein*
- ▶ Nuts/seeds

Muscle recovery and growth

- ▶ Post-training
- ▶ Spread over day!

Higher protein snacks

- ▶ Natural/Greek yoghurt with nuts/seeds
- ▶ Tuna mixed with 3-bean mix, corn and rice
- ▶ Fruit Smoothie
- ▶ Ricotta cheese with smoked salmon on rice/corn thins
- ▶ Creamed rice with nuts and berries
- ▶ Hommus with vegetables and wholegrain dry biscuits
- ▶ Mountain bread wrap with chicken/salad
- ▶ Boiled eggs
- ▶ Chic Nuts
- ▶ Sashimi
- ▶ Beef jerky/biltong
- ▶ Bircher muesli
- ▶ Soup (with legumes, chicken or meat)

Night Before Games

- ▶ Include carbohydrates
 - ▶ Don't necessarily need to 'load'
- ▶ Fluid
 - ▶ Sip, don't overhydrate
- ▶ Savoury vs sweet snacks
 - ▶ Especially if heavy sweater

PRE-GAME MEAL

General guidelines:

- ▶ 2-4 hours pre-game
- ▶ Include carbohydrate, small amount of protein, low fat
- ▶ Low to moderate fibre
- ▶ Include at least 300-500ml fluid
- ▶ ***INDIVIDUAL PREFERENCES!***

CHRIS GOULDING

Melbourne United

▶ QUESTION:

What is the one thing about nutrition that you wish you knew when you were 17, and might have done differently?

- ▶ *'I just wish I had a better understanding of what foods and fluids my body responds well to and what I feel is best for me before training and games. But that comes with experience'.*

Pre-Game

HOME/SCHOOL

- ▶ Breakfast **NORMAL** time
- ▶ Lunch and snacks
- ▶ Sip fluid consistently

PRE-GAME MEAL

AT THE STADIUM

- ▶ Fluid
 - ▶ Individual bottle
- ▶ Food?
 - ▶ Fruit, sandwiches
 - ▶ *Steph Curry - Peanut butter and 'jelly' sandwiches*
 - ▶ Lollies?!?!?!?!?



PRE-GAME MEAL IDEAS

- ▶ Chicken and avocado sandwich
- ▶ Tuna and salad wrap
- ▶ Chicken and vegetable noodle stir-fry
- ▶ Salmon, sweet potato and vegetables
- ▶ Rice with chicken/fish and vegetables
- ▶ Baked sweet potato with salad/low-fat cheese
- ▶ Porridge with yoghurt/berries
- ▶ Fruit smoothie
- ▶ Toast with vegemite!



Recovery nutrition

- ▶ **Priorities:**
 - ▶ **Replenish** fuel stores
 - ▶ Muscle and liver glycogen (carbohydrate)
 - ▶ **Repair** muscle damage to promote muscle adaptation and growth
 - ▶ **Replace** fluid and electrolyte losses
 - ▶ **Revitalise ??**

Recovery Meal

- ▶ CARBOHYDRATE - FUEL

- ▶ Rice, quinoa, noodles, potato, sweet potato, pasta, bread

plus

- ▶ PROTEIN - MUSCLE

- ▶ Meat, fish, chicken, eggs, milk, cheese, yoghurt

Plus

- ▶ HEALTHY FATS - INFLAMMATION

- ▶ Avocado, nuts, fish, olive oil

- ▶ SODIUM - HYDRATION

- ▶ ANTIOXIDANTS, VITAMINS AND MINERALS - ENERGY

- ▶ Vegetables, fruit, herbs
- ▶ Wholegrains, nuts, seeds

- ▶ *The amount and combination of foods/fluids depends on:*

- ▶ *Type of exercise, duration, intensity, individual needs*

Healthy Fats

- ▶ Olive oil
- ▶ Avocado
- ▶ Nuts/seeds
- ▶ Fish/seafood:
 - ▶ Omega-3 fats
 - ▶ Anti-inflammatory properties
 - ▶ Brain function
 - ▶ Memory
 - ▶ Joints/muscles
 - ▶ Performance?

Supplements



Are supplements necessary?



AIS supplement program

HYDRATION GOALS

- ▶ Performance may be effected with $<2\%$ dehydration
 - ▶ **Shooting accuracy**
 - ▶ **Fatigue**
- ▶ Start training hydrated
 - ▶ Impossible to catch up
- ▶ Drink consistently over the day
- ▶ Re-hydrate



START HYDRATED!

▶ QUESTION:

What is the biggest nutrition change you have made and how has it helped?

CHRIS GOULDING

Melbourne United

- ▶ *‘Making sure I am well hydrated for each and every game, earlier on in my career I didn’t pay too much attention to this but I do now and believe it’s very important’.*

DURING EXERCISE

- ▶ Fluid
- ▶ Sports drinks?
- ▶ Electrolytes?

- ▶ Website article:
 - ▶ *Hydration is important, but what is the role of sports drinks and electrolytes and who needs them?*

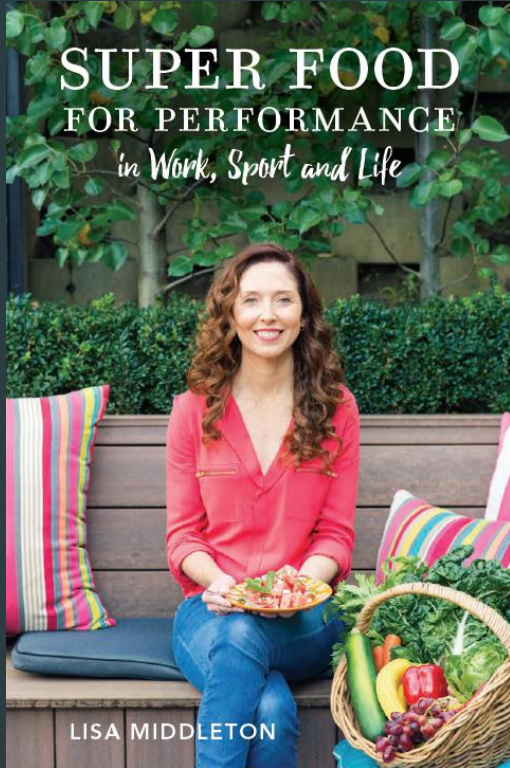
GOALS

What can you work on to make you a better athlete and better team mate?

Nutrition for individual needs

Potential impact of your choices on team mates

TEAM PERFORMANCE





Online resources:

- ▶ www.lisamiddleton.com.au
- ▶ www.sportsdietitians.com.au
- ▶ www.ais.org.au
- ▶ www.healthyfoodguide.com.au



Online resources:

- ▶ Newsletter - leave your details on my website:
 - ▶ www.lisamiddleton.com.au
- ▶ Facebook, Instagram, Twitter
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